

ENTREES

Hot entrees are served with a choice of green beans, whole baby carrots or broccoli.

Marinated Thin Cut Pork Chop Platter

Thin cut pork chop seasoned with pineapple, rosemary & thyme served with mashed potatoes & applesauce

Grilled Portabella Mushroom Platter

Grilled portabella mushroom with a balsamic glaze served with quinoa pilaf

Herbed Salmon Platter

Broiled salmon seasoned with lemon, butter & herbs served with brown rice

Grilled Dijon Chicken Platter

Grilled chicken breast drizzled with a creamy mustard dijon sauce & served with a baked sweet potato

Whole Wheat Penne Pasta with Grilled Vegetables Platter

Whole wheat penne pasta with grilled summer squash, eggplant, zucchini & red peppers seasoned with garlic & oil

Black Beans & Rice Platter

Seasoned vegetarian beans served over rice

Penne Pasta Marinara Platter

Penne pasta with marinara sauce served with green beans

Jodhpur Lentils Platter

Seasoned yellow lentils with a side of rice & two baked samosas

CHEF'S VEGETARIAN SPECIALS

Please specify white or brown rice and a vegetable (from our A La Carte Sides section).

Chef's Vegetarian Specials contain onions and / or garlic.

MONDAY

CHOLE

Garbanzo beans & tomatoes simmered in spices of cumin, garam masala & cilantro

TUESDAY

PALAK KA SAAG

Chopped spinach, tomatoes & onions simmered in flavorful spices of chana masala, cumin & ginger

WEDNESDAY

PEA & POTATO CURRY

Peas & potatoes simmered in spices of cumin, garam masala & curry powder

THURSDAY

PANEER BUTTER MASALA

Paneer cheese dunked in a rich & creamy tomato gravy

FRIDAY

EGGPLANT & POTATO CURRY

Eggplant, potatoes & chopped tomatoes simmered in spices of garam masala, cumin, coriander, turmeric, chili powder & curry

SATURDAY

PALAK PANEER

Pureed spinach & paneer cheese in a thick curry sauce

SUNDAY

CAULIFLOWER CURRY

Cauliflower, red kidney beans & onions simmered in spices of garam masala, turmeric, red cayenne pepper, cumin & garlic

Please ask your host about our Daily Specials.

A LA CARTE SIDES

Mashed Potatoes • Baked Sweet Potato

Quinoa Pilaf • Steamed Rice

Brown Rice • Baked Potato Chips

Naan • Kaiser Roll • Dinner Roll

Broccoli • Green Beans

Whole Baby Carrots

DESSERT

Salted Caramel Brownie with Pretzel Crust • Mango Ice

Strawberry Swirl Cheesecake with Chocolate Crust • Apple Pie

Rice Pudding • Chocolate Chip Cookie • Sponge Cake • Orange Gelatin

Ice Cream-Chocolate or Vanilla • Pudding-Chocolate or Vanilla

NO SUGAR ADDED

Cheesecake • Chocolate Cream Pie • Lemon Custard

Ice Cream-Chocolate or Vanilla • Pudding-Chocolate or Vanilla

Lemon Fruit Ice • Strawberry Gelatin



Bedside Bistro

Maternity Menu



To order your meal, dial 6MEAL (66325) or 732-321-7000 ext. 66325 between 6:30 AM - 6:30 PM.

Please allow 45 minutes for meal delivery.

Please ask us about our other menus:

Vegetarian • Renal • Gluten Free
Halal • Kosher

GUEST TRAYS AVAILABLE

Visitors are welcome to order a guest tray. For just \$6.00 per person (payable by credit card only), order your choice of one entrée, two sides, one beverage and one dessert.

To order call 6MEAL (66325).

SAFETY TIP

If you have diabetes or you are on medication to control your blood sugar, please alert your nurse when you order your meals.

 **JFK Medical Center**

Exceptional Care. Exceptional People.

*Start Your Day
with a Healthy
Breakfast*



**WE WILL GLADLY
ACCOMMODATE SPECIAL
REQUESTS TO THE BEST OF
OUR ABILITY.**

CONDIMENTS

*Please order any and all
desired condiments.*

Salt • Pepper • Mrs. Dash • Sugar
Splenda • Equal • Sweet-n-Low
Half & Half • Fresh Lemon • Honey
Grape Jelly • Strawberry Jelly
Cream Cheese • Parmesan Cheese
Butter • Margarine
Ketchup • Mustard
Honey Mustard • Mayonnaise
Beef Gravy • Chicken Gravy
Tabasco® Sauce
*Salad Dressings: French, Italian,
Oil & Vinegar, Ranch, Caesar,
Raspberry Vinaigrette,
Honey Mustard*

BEVERAGES

Coffee • Tea
Lemonade 8 oz.
Skim Milk 4 oz. • 2% Milk 4 oz.
Whole Milk 4 oz. • Choc. Milk 8 oz.
Juice 4 oz.: Apple • Orange • Prune
Cranberry Juice Cocktail 4 oz.
Bottled Water • Soda

YOGURT & COTTAGE CHEESE

Fruited Yogurt • Light Yogurt
Plain Yogurt • Vanilla Yogurt
Greek Yogurt • Cottage Cheese

FRUITS

Fresh Apple • Fresh Banana
Fresh Orange • Fruit Cocktail
Applesauce • Sliced Peaches
Small Fresh Fruit Plate

BAKERY

Bagel • English Muffin
Blueberry Muffin
Apple Cinnamon Muffin
Toast (white, wheat, rye)
Cinnamon Sugar Donut

CEREAL

Oatmeal
*(try adding brown sugar, diced
apple, cinnamon or raisins)*
Cream of Rice • Upma
Raisin Bran • Cheerios
Corn Flakes • Rice Krispies

BREAKFAST ENTREES

Build Your Own Omelet
Two egg omelet—add your choice of
American, or Swiss cheese, green
bell pepper, onion or tomato

Scrambled Eggs

Two large eggs scrambled

Buttermilk Pancakes

Two fluffy pancakes with
pancake syrup

Cinnamon French Toast

One thick slice of bread dipped in
egg batter flavored with cinnamon,
vanilla & nutmeg

ON THE SIDE

Bacon
Turkey Sausage
Oven Browned Potatoes

LUNCH & DINNER AVAILABLE

11:00 AM–6:30 PM

COLD PLATTERS & SALADS

Chef's Salad

Sliced turkey & roast beef over crisp
lettuce with shredded carrots, sliced
American cheese, hard boiled egg,
cherry tomato, red bell pepper,
cucumber & red onion

Grilled Chicken Caesar Salad

Tender grilled chicken over romaine
lettuce topped with croutons,
parmesan cheese & Caesar
dressing

Classic Cheeseburger

Grilled hamburger patty with melted
American cheese served on a bun
with lettuce, tomato & ketchup

Roast Beef Panini

Hot roast beef, tomato & American
cheese panini on rye bread

Grilled Veggie & Hummus

Creamy hummus with grilled
summer squash, zucchini,
eggplant & red bell peppers
seasoned with garlic & oil on a roll

Hot Veggie Grinder

Grilled summer squash, zucchini,
eggplant & red bell pepper with
marinara sauce & mozzarella cheese
on a Kaiser roll *(can be prepared
Vegan without cheese)*

Tuna Salad Sandwich

Tuna salad with your choice of
lettuce, tomato, onion or cucumber
on white, wheat, rye or Kaiser roll

Yogurt & Fruit Platter

Plain yogurt & melon

Cottage Cheese & Fruit Platter

Cottage cheese & melon

Hummus & Pita Platter

Lightly toasted pita, creamy
hummus, lettuce, tomato & celery

Garden Salad

Small salad made with mixed
greens, sliced cucumbers & cherry
tomatoes

SANDWICHES



**Proudly Serving
Premium Meats**

Turkey Sandwich

Deli turkey with your choice of
American or Swiss cheese, lettuce,
tomato, onion or cucumber on
white, wheat, rye or Kaiser roll

Kale Veggie Patty

Veggie patty with a blend of kale,
quinoa, brown rice, onions, carrots,
spinach, sweet potatoes, roasted
corn, red peppers, water chestnuts,
zucchini, broccoli & roasted garlic
served on a bun

Grilled Chicken Sandwich

Grilled chicken breast with your
choice of lettuce, tomato or onion
on a Kaiser roll

Peanut Butter & Jelly

Peanut butter with your choice of
grape or strawberry jelly on white,
wheat or rye

Grilled Veggie & Mozzarella Salad

Grilled seasoned veggies &
mozzarella cheese over a bed of
mixed greens with a balsamic glaze

Southwest Bean Salad

A vegan blend of black beans, pigeon
peas, garbanzo beans, roasted corn,
red onion, bell peppers & diced
tomato seasoned with cilantro,
chili powder & olive oil with apple
cider vinegar

Egg Salad Sandwich

Egg salad with your choice of
lettuce, tomato, onion or cucumber
on white, wheat, rye or Kaiser roll

Chicken Salad Sandwich

Chicken salad with your choice of
lettuce, tomato, onion or cucumber
on white, wheat, rye or Kaiser roll

Roast Beef Sandwich

Roast beef with your choice of
American or Swiss cheese, lettuce,
tomato, onion or cucumber on white,
wheat, rye or Kaiser roll

Portabella Mushroom Sandwich

Grilled portabella mushroom
with balsamic glaze served on a
Kaiser roll

Grilled Cheese

American cheese melted in lightly
buttered, grilled sliced bread

Add a Bowl of Soup!



Lentil • Chicken Noodle • Tomato